

# LYNN COUNCIL ON AGING SENIOR CENTER



## AUGUST 2012

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

The heat is on!

Stay cool... Drink lots of water and be smart. Take advantage of complimentary air conditioning.

Speaking of staying cool... Keep level headed. Remind yourself... life is too short! Is this really worth it? Imagine during the argument over little petty things that you had the ability to jump out of yourself and see what your behavior really looked like. Ask yourself then at that very moment, would you really carry on like that? I will give credit though; I read an article that in some elders, age plays a factor where the "filter" in the brain no longer is able to operate like it used to. Keep in mind, I am not a clinician of any kind nor am I officially citing a resource. But, one must grant immunity to some degree based on this.... BUT when it comes to repeated poor manners over and over again... let me tap you gently on the shoulder and help you stop embarrassing yourself. And maybe at the end of the day we can all sit and laugh about it. ~Stacey

### From Your Mayor

I hope you all have been having a wonderful, relaxing summer.

As we look ahead to Labor Day, there are still many more warm days to enjoy. I invite you to join us for the remaining performances of the summer concert series at Red Rock Park on Aug. 2, 9, 16 and 23. All concerts are from 6 to 8 p.m. Admission is free. Bring your own chairs and blankets. Refreshments and coffee will be available for purchase.

On Friday, Aug. 24, Red Rock Park will also host a movie night. Get your blanket, chair and singing voice ready for *Grease*. There will be free popcorn and more. At 7 p.m. on Tuesday, Aug. 28, we are planning on taking the telescope to Red Rock Park for a special full moon observation night. All are welcome.

There's nothing better than the taste of fresh vegetables in the summer, and we are lucky enough to have full access to that every week in Downtown Lynn. I urge you to visit the Central Square Farmers' Market, which is open every Thursday until Oct. 25 from 11 a.m. to 3:00 p.m. on the corner of Union Street and Exchange Street.

This is also a wonderful time to get out and explore some of the arts and cultural programs this city has to offer. On display at the Lynn Museum is the *Lynn History* exhibition, including never-before-seen images of famous Lynners, notable Lynn places and events that shaped the city and its history. This intriguing exhibition weaves the story of the Lynn's origin with events such as industrialization and immigration that changed its landscape and the notable people and places involved. Take a stroll back in time and reinvigorate your love of our great city. Summer hours are Tuesday, Wednesday, Friday & Saturday: 12-4 p.m., Thursday: 12-7 p.m.

And stay tuned for more information on the Lynn Fall Festival on the Waterfront, scheduled for Sept. 22. The festival coincides with the Essex National Heritage Commission's Trails & Sails Event, which continues September 24-25.

Best,

Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

Stacey Minchello, Director  
Rosa Paulino-Diaz, Assistant  
Kristi Harris, Assistant

Hours of  
Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

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## From the FRIENDS of LCOA

## Winner! Winner! Winner!

**IPAD winner:**

**\$100 winner:**

**\$50 winner:**

**Richard Needham, Saugus, MA**

**Victor Mejias, Lynn, Ma**

**Fran Nadeau, Clinton, MA**

**On behalf of the FRIENDS of LCOA,  
thank you to all who supported the  
Independence Day Raffle.**

## August Happenings

Weds, Aug 1	<b>FOOD STAMPS</b>		9:00 a.m. – 3:00 p.m.
Weds, Aug 1	Strength & Balance Exercise Class		11:30 am -12:15 pm
Thurs, Aug 2	Take Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, Aug 3	Strength & Balance Exercise Class		11:30 am -12:15 pm
Tues, Aug 7	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
<b>Tues, Aug 7</b>	<b>Birthday Karaoke</b>		<b>11:30 a.m. – 1:00 p.m.</b>
	<b>50/50 raffle to support FRIENDS of LCOA</b>		
Weds, Aug 8	Strength & Balance Exercise Class		11:30 am -12:15 pm
Weds, Aug 8	Tai chi & meditation	\$2	12:30 p.m. – 1:15 p.m.
<b>Weds, Aug 8</b>	<b>Field Trip: Salvation Army dollar days</b>		<b>10:30 a.m. – 1:30 p.m.</b>
	Lunch @Kelly's		
Thurs, Aug 9	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Aug 9	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
<b>Fri, Aug 10</b>	<b>Field Trip: Sports Museum, Boston</b>	<b>\$2</b>	<b>10:30 a.m. – 1:30 p.m.</b>
Fri, Aug 10	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, Aug 13	Walgreen's informational Ice Cream Social		1:45 pm
Tues, Aug 14	<b>Blood Sugar AND Blood Pressure Clinic</b>		8:00 a.m. – 9:30 a.m.
	"Lucy Booth" Open! Large Activity Room		
	Nurse available for your questions.		
<b>Tues, Aug 14</b>	<b>Lunch Trip: Kimball Farms</b>	<b>\$2</b>	<b>10:00 a.m. – 2:30 p.m.</b>
Weds, Aug 15	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Weds, Aug 15	Tai chi & meditation	\$2	12:30 p.m. – 1:15 p.m.
Thurs, Aug 16	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
<b>Fri, Aug 17</b>	<b>Free seminar on small insurance policies</b>		<b>9:30 a.m.</b>
	<b>Metropolitan Life Insurance</b>		
<b>Fri, Aug 17</b>	<b>Field Trip: Institute of Contemporary Art</b>	<b>\$2</b>	<b>10:30 a.m. – 1:30 p.m.</b>
	<b>South Boston</b>		
Fri, Aug 17	Strength & Balance Exercise Class		11:30 am -12:15 pm
<b>Mon, Aug 20</b>	<b>Women's Group Meeting</b>		<b>11 am</b>
<b>Tues, Aug 21</b>	<b>FOXWOODS CASINO</b>	<b>\$25</b>	<b>7:00 a.m. -6:30 pm</b>
	<b>\$10 Food or Buffet \$10 Keno Bet</b>		
Weds, Aug 22	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Weds, Aug 22	Tai chi & meditation	\$2	12:30 p.m. – 1:15 p.m.
Thurs, Aug 23	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, Aug 24	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Fri, Aug 24	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
<b>Tues, Aug 28</b>	<b>Healthy Smoothies~ free at snack time!</b>		<b>1:45 pm</b>
	<b>Compliments of</b>		
	<b>Life Care Center of the North Shore</b>		
<b>Weds, Aug 29</b>	<b>Picnic Lunch: Lynch Park, Beverly</b>	<b>\$5</b>	<b>10:30 a.m. – 2:00 p.m.</b>
	<b>Order your sandwich when you sign up.</b>		
Weds, Aug 29	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Weds, Aug 29	Tai chi & meditation	\$2	12:30 p.m. – 1:15 p.m.
Thurs, Aug 30	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
<b>Thurs, Aug 30</b>	<b>FRIENDS OF LCOA meeting</b>		<b>10:00 a.m. – 11:00 a.m.</b>
Fri, Aug 31	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.

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# August 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Garlic Paprika Tyson Chicken O'Brien Potato Spring/Summer Veggie Spice Cake/Frosting ALTERNATIVE Beef Strip Steak	2 Cream of Broccoli Soup Shaved Roast Beef/WW Bulkie Tossed Salad Pudding ALTERNATIVE Turkey Salad/ WW Bulkie	3 Fish Cake/Sweet Pepper Sauce Whipped Potato Green & Golden Beans Chilled Fruit ALTERNATIVE Dominican Beef Stew
6 Ravioli/ Meat Sauce Roman Blend Veggie Jell-o/Topping ALTERNATIVE Veggie Quiche Whipped Potato/Veggie	7 Boneless Chicken Picatta Garlic Whipped Potato Zucchini/Red Pepper Muffin/Fresh Fruit ALTERNATIVE Salisbury Steak/Gravy	8 Veal Cacciatore Italian Green Beans/White Rice Mandarin Oranges ALTERNATIVE Mesquite Chicken Rice/Green Beans	9 Hot Dog/ Roll Veggie Baked Beans/Cole Slaw Cookie ALTERNATIVE Beef Rib-B-Q/Sauce Beans/Cole Slaw	10 Lentil Veggie Soup Egg Salad/WW Bread Potato Salad Chilled Fruit ALTERNATIVE Tuna Salad
13 Honey Mustard Tyson Chicken Sour Cream Whipped Potato Peas & Onion Chilled Fruit ALTERNATIVE Mushroom Quiche	14 Lasagna/Meat Sauce Country Blend Veggies Garlic Roll Chilled Pineapple ALTERNATIVE Grilled Chicken Sandwich	15 Fish Florentine/ Sauce Lyonnais Potato Winter Squash Cookie ALTERNATIVE Spanish Sheppard's Pie	16 Chili/Shredded Cheese White Rice Tossed Salad Fresh Fruit ALTERNATIVE Chicken Teriyaki	17 Minestrone Soup Sliced Turkey Pumpnickel Bread Pasta Veggie Salad/ Pudding ALTERNATIVE Ham & Cheese
20 Meatball Sub Home Fries Tuscan Veggies Chilled Fruit ALTERNATIVE Omelet W/Cheese	21 Spilt pea Soup Chicken Caesar Salad/WW Pita Jell-o ALTERNATIVE Seafood Salad/WW Pita	22 Mac & Cheese Spinach Chilled Fruit ALTERNATIVE Spanish Chicken Rice & Beans	23 Yankee Pot Roast/Gravy Oven Roasted Potato Jardinière Veggie Oat Roll/ Fresh Fruit ALTERNATIVE Haitian Turkey	24 Meatloaf w/Gravy Brown Rice Pilaf Stewed Tomatoes Cake ALTERNATIVE Sweet & Sour Chix Ten- ders
27 Tyson Chicken/BBQ Sauce Whipped Potato Italian Blend Veggies Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy	28 Stuffed Pepper/Sauce Diced Buttered Potato Green & Golden Beans Pudding ALTERNATIVE Liver & Onions/Gravy	29 Roast Turkey/Gravy Cranberry Sauce Sweet Potato/Peas & Onion Chilled Pineapple ALTERNATIVE Spanish Beef/ Yellow Rice	30 Tomato Basil Soup Tuscan Tuna/WW Bulkie Roll Tossed Salad Brownie ALTERNATIVE Chix Salad/WW Bulkie	31 Hamburger/Roll/Cheese Lettuce & Tomato Potato Salad Corn on the Cobb Watermelon ALTERNATIVE Turkey Burger



# SENIOR CENTER ACTIVITIES • AUGUST 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii	9:00 - 12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:00-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: INTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:15-2:45 BINGO	12:30-1:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
		1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

## Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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APARTMENTS

## **Trips**

Departs from Lynn  
Senior Center

**Foxwoods**  
Aug 14 & Sept 18



Casino Trips from Revere  
Departs from Northgate Plaza

**Mohegan Sun \$25**

Every Tuesday  
10:00 a.m. - 8:45 p.m.

**Twin River \$20**

Thursdays: Aug 2nd, 16th, and 31st  
10:00 a.m. - 8:10 p.m.

Any questions? Call Elaine 781-289-6144  
(Departs from back of Price Rite at Northgate in Revere)

## **SCALLOP FESTIVAL**

**Friday, September 21<sup>st</sup> \$60**

Eat fresh scallops at the Bourne Scallop Festival, then visit craft fair and enjoy a 90 minute narrated cruise of the canal.

Leaves the Senior Center at 8:30 a.m. prompt  
Returns at approximately 5:30 pm.

Sign up early- this bus fills up every year!

## **FREE FRIDAYS!**

FREE admission, first come first serve. \$2 for bus. Lunch on own.  
Center reserves the right to limit one event per person depending on demand.

All events are subject to availability. Cancellations may occur if weather is not cooperating. In the event we are unable to enter the event because it was "sold out" because of the large public demand, we will do our best to do something else that is agreeable.

	<b>Event</b>	<b>Bus Leaves Senior Center</b>	<b>Departs Event</b>	<b>Approx Return</b>
<b>Aug 10</b>	<b>Sports Museum</b>	10:30am	1:00pm	1:30pm
<b>Aug 17</b>	<b>Institute of Contemporary Art</b>	10:30am	1:00pm	1:30pm
<b>Aug 31</b>	<b>JFK Library and Museum</b>	10:30am	1:30pm	2:00pm

There are more events FREE on Fridays throughout the summer that you may attend on your own. See the flyer in the center or go to:  
[highlandstreet.org](http://highlandstreet.org)

**MOVIES...every Wednesday @ 1:00 p.m.**

**Free Popcorn and Soda  
Wide Screen Plasma Home Theatre System**

Aug 1	Gigi	G	1958
Aug 8	Seven Years in Tibet	PG-13	1997
Aug 15	Jack & Jill	PG	2011
Aug 22	Hello Dolly	G	1969
Aug 29	Joyful Noise	PG-13	2012

Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



# CASINO NIGHT



Mark your calendar!

Fundraising night to support the Lynn Senior Center

**October 12<sup>th</sup>**

**7pm- 11 pm**

**\$10 per ticket**

**Knights of Columbus**

**177 Lynnfield Street, Lynn**

**~silent auction and raffles~**

**Live entertainment! Free!**



**Wednesday, August 15<sup>th</sup>**

**12 noon**

**John Root**

**"Music through the Decades"**

Come hear John play several instruments playing music you're sure to remember. Gratefully funded in part by the Lynn Cultural Council.

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## WELLNESS WATCH

### Protecting your Skin and your Eyes from Ultraviolet Radiation: Enjoy the Summer and Stay Well

**Skin cancer** is the most common form of cancer in the United States. Exposure to the sun's ultraviolet (UV) rays is the major cause in developing skin cancer. UV radiation is released by the sun and artificial sources such as tanning beds and sun lamps. Getting sunburned at an early age can cause the development of skin cancer later on. But, no matter what your age, it is never too late to protect yourself from the sun and skin cancer. Common skin cancers can be cured easily if found early. Melanoma, a more dangerous form can generally be cured if detected early before it spreads. Check your entire body once a month for moles. If there are changes in moles or other skin areas check with your doctor. UV rays also cause premature aging of the skin. Thickened skin, wrinkles, dark spots and leathery skin are caused by the sun's rays.

**Your Eyes and UV Rays** Overexposure to UV rays can also be harmful to eyes. Cataracts, Age-related Macular Degeneration and Snow Blindness are conditions that can be caused or worsened by over exposure to UV rays.

**Who is at risk?** Everyone, regardless of their coloring, is at risk for eye damage. People with fair skin, blue or green eyes, and blond, light brown or red hair are more liable to develop skin cancer. People who have a family history of skin cancer, have previously experienced severe sunburn, or have a large number of moles are more likely to develop skin cancer.

#### Sun Protective Practices

**Seek shade**, especially during the midday hours (10:00am-4:00pm) when the damaging UV rays are strongest and do the most damage. Even on an overcast day up to 80 per cent of the sun's UV rays can get through the clouds.

**Cover up** with tightly woven clothing to protect exposed skin. Wear long pants and long sleeved shirts if possible. Dry clothes offer more protection than wet.

**Wear a cloth hat** with a wide brim all the way around to shade the face, head, ears and neck. If wearing a baseball cap, protect your ears and the back of your neck by wearing clothing that protects those areas. Use an umbrella.

**Wear sun glasses** that wrap around and block as close to 100% of UV rays as possible. Eyewear should be labeled "sunglasses".

**Rub on sunscreen** with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection. Go heavy on the sunscreen. SPF indicates the effectiveness in offering protection from UV rays. High numbers indicate more protection. Sunscreen needs to be reapplied often. Check the directions on the container.

**Talk with your Doctor** to see if any of the medicines you are taking make you more sensitive to the sun. Also, ask your doctor for a skin check and a referral to a dermatologist (Skin Specialist) if you have concerns. Check your skin for changes on a regular basis.

It's wise to combine all of these sun protective actions to protect your skin and eyes from damaging rays.

#### **Resources adapted for the above information and are available for more specific information and tips:**

*American Cancer Society* [www.cancer.org](http://www.cancer.org) 1-800-ACS-2345; *US Department for Health and Human Services, Centers for Disease Control and Prevention* [www.cdc.gov](http://www.cdc.gov) 1-800-311-3435; *Health Effects of Ultraviolet Radiation/Aging Initiative/ US Environmental Protection Agency* [www.epa.gov/aging/resources](http://www.epa.gov/aging/resources);  
*Federal Drug Administration* [www.fda.gov/ForConsumers](http://www.fda.gov/ForConsumers)  
(Susan H. Brown RN, GLSS Community Education Nurse 781-586-8568)



## The Camera Man

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 R O O O G R A A P H I M R C Y H A L M I I T  
 O E L O M O P R Y S E T O C W C S M M C T P  
 P E D O Z E O N T M R H A D T A H P D A A O  
 P O L A R O I D O O V M N S V E E E A M L H  
 T F I T F L E R P M E A O S L M V L E N B S  
 I V U P L M I L L R K P C G C E V E R S S O  
 D R O T A E E P A C S D N A L R B N P S E T  
 E S N R S Z Q T A G Q A Q O T A A S B O C O  
 E Z F W H Y Z L T N I R P N T I S P W F N H  
 C Z U K C E B U V Q O Y Q T N E O W B C B P  
 Y B M E Y F Z F N P R R E U P G U N V O L I  
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COLOR	FRAME	POSE	ZOOM
CROP	LANDSCAPE	POSTCARD	
DEVELOP	LENS	PRINT	

**ANNOUNCEMENTS!**

**Trivia Pursuit!**  
**It's making a comeback at the center!**  
**FRIDAYS @ 9:30 a.m.**  
**Team play- no one is on the spot to answer!**

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**Pool Club**  
**Tuesdays**  
**1:30 pm**  
**Game Room**  
**Shoot some pool,**  
**Make some friends,**  
**Discuss possible tournaments.**

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**Photo Club**  
**First Tuesday**  
**10 am**  
**Planning next photo shoot**

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**HELP!**  
**Swipe your keycard to record your participation in senior center activities daily.**  
**We are stressing this as it is important to maintain our funding; especially for meals.**  
**While we strive to remain friendly, we will not be able to serve you a meal without you swiping. Thanks for understanding.**

**COMPUTER CLASSES**

**Lynn Senior Center - Computer Room, 1<sup>st</sup> Floor**  
**8 Silsbee Street, Lynn / 781-586-8503**

All courses must be pre-paid at the time of registration.  
 If mailing your payment, make check payable to:  
 LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901  
 (Expect a phone call confirming your seat.)

**Computer Class Descriptions:**

**Introductions to Computers & Windows XP**  
**(Five Week Course)**

*This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.*

10:00 a.m. – 11:00 a.m.

**Cost: \$50.00**

**Introduction to the Internet**  
**(Five Week Course)**

*This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.*

11:15 p.m. – 12:15 p.m.

**Cost: \$50.00**

**Computer Class Schedule:**

**Mondays:**

**Sept 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, Oct 1<sup>st</sup>, 15<sup>th</sup>**

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and swipe membership card .

**Computer Room Hours of Operation:**

Monday - Friday

8am-4pm

**Closed:** Mondays and 3rd Fridays

1pm-4pm

## IN LOVING MEMORY

Thank you for your donation

~anonymous

Thank you for your donation

~anonymous

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~Jennie Stankiewicz

In loving memory of  
Rose Colella  
~Colella Family

In loving memory of Dr.  
Thelma Berger  
~Dr. Harvey Berger



## DEDUCTIBLE DONATION

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support.

Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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In memory of      In honor of      In appreciation of

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## Hair Salon

### HAIR BY CHASDITY

MONDAYS  
STARTING @ 10:00 AM

WASH & CUT	\$10
WASH, CUT & SET	\$15
COLOR	\$20
BRAIDS	\$20 & UP
LAYERING	\$10
WEAVES	\$20 & UP

WALK-IN OR APPOINTMENTS

### SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

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Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLASS CLINIC

August 7th

10:00 am—11:00 am

By: Mr. Specs

### BLOOD SUGAR TESTING

August 14th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.

### BLOOD PRESSURE

August 14th

8:00 am—9:30 am \*Note time change\*

Nurse available for any health questions.

### PODIATRIST

August 9th and August 30th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

August 10th and August 24th

1:00 pm—3:00 pm

Call for appointment.

### LYNN COUNCIL ON AGING SENIOR CENTER

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